
Dribble Drive Offense

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Offense *by guest*

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101 Defensive Basketball Drills

Sagamore Publishing
Essential Soccer Skills
progresses from
beginner basics to
advanced techniques,
featuring illustrated
sequences on how to
learn and master key

skills, and tips on how
to improve your overall
form. Essential Soccer
Skills covers
everything from the
basics and rules of the
game to the types of
players--goalkeepers,
defenders, midfielders,
attackers--to skills and
team tactics like
stepovers, heading,
and volleying. Essential
Soccer Skills is the go-
to guide for anyone

interested in learning more about soccer and becoming a better player.

Gun T an RPO

System Human Kinetics

With this new handbook, coaches learn how to make the right call every time their basketball team has the ball. Each section contains a variety of sets and plays, all clearly explained and diagrammed.

The Unstoppable Motion Offense

Routledge

"Beautiful." -- Kobe Bryant "The most comprehensive system ever devised for playing basketball." -- Nicholas Dawidoff, New York Times This is it. A book just as famous as it has been (until now) nearly impossible to find. The "Triangle

Offense," deployed with devastating effect by Phil Jackson as coach of the Chicago Bulls during the 80s and 90s and of the Los Angeles Lakers during the 2000s, was first comprehensively set forth in this classic book by Fred "Tex" Winter. Winter himself was a consultant to Jackson during the Bulls and Lakers years. Now Jackson has brought back the Triangle for the New York Knicks. This book does not merely lay out a strategy for play; it offers a philosophy of coaching and of excellence in team athletics that is as valuable to the player as it is to the coach. Perplexingly, this authoritative classic of the sport has been out of print for decades. No longer. "Tex" is back.

"The ball movement is beautiful!" -- Tara VanDerveer, women's basketball coach, Stanford. "[Playing the Triangle, we were] a smooth operating machine. Baryshnikov in action! Picasso painting! A beautiful thing!" -- Horace Grant, forward, Chicago Bulls, 1987-1994.

Basketball Offenses & Plays Human Kinetics Basketball coaching book with strategies and drills to defeat a zone defense.

Why the Best Are the Best

Human Kinetics "Coach Like A Mother" is a leadership, communications, and management education resource for coaches of all sports that helps them keep the proper perspective when developing young people. Coaches

at all levels will benefit from valuable lessons on interacting successfully with the 21st century athlete. The insights from "Coach Like A Mother" on leadership and management can also be applied to teaching, parenting, and business.

Lockdown Defense

Benjamin-Cummings Publishing Company "Bob's message is a must for all parents and coaches. He challenges adults to understand their effect on youngsters, and that kids' needs have to be met first." Bob Trupin, Westport, CT This is not just another book touting improved sportsmanship and better coaching to remedy the violence in youth sports today. Just Let the Kids Play is the first book to

identify the youth sports systems as the cause of the problem, and offers practical ways to rebuild them so they better serve the physical and emotional needs of children. First-round NBA draft pick, part-time NBA scout and youth coach Bob Bigelow joins journalists Tom Moroney and Linda Hall to put youth sports under harsh review. They explain the controversial belief that elite traveling teams at young ages should be abolished and replaced with equal playing time, team parity and shortened seasons, among others. Focusing on soccer, basketball, baseball and hockey, they highlight ten programs nationwide where

these principles are working, and offer ways to integrate them into existing programs without sacrificing a child's chances for success. Soccer moms and hockey dads will discover that it really is possible to sleep in on Saturdays without sacrificing their child's future!

Game Changer

Contemporary Books
The Gun T RPO system is now available for coaches wishing to see Coach Simpson's offense. His playbook will provide the following for coaches wishing to see how the offense works: Formations and tags. Be as simple or complex as you want with simple tags. Motions and shifts. Confuse the defense by moving players pre-snap. Buck

Sweep - All the flavors of buck sweep vs. any front the defense wants to throw out.
 Strong Belly - Coach Simpson's unique simple way to run strong belly will adapt to any front.
 Strong Belly Read - Making one blocking scheme into many is the goal of the Gun T RPO system.
 Jet Sweep/Quick Belly/Quick Belly Read - All 3 plays run with the same blocking rules and little adjustments.
 Counter Game - How to run a traditional wing-t counter and mix it with the RPO game.
 Passing game in the Gun T RPO system
 Heavy Set And more...
 Review from Coachtube about the Gun T RPO System:
 "Coach Simpson's Gun T Offensive Overview is an excellent offensive

resource. This course provides the foundation of Coach Simpson's offensive philosophy. Coach believes in the monikers that "Less is More" and the "Rule of 3", which both were evident in the explanation of the offense. His explanations were clear and concise, and the presentations were easy to follow." - Todd Knipp
 "This is absolutely amazing. Coach Simpson does an excellent job of explaining his system. Whether your a young coach or an experienced coach this is must see. You can easily see why he is a successful coach. His detail an organization is on point and I cannot wait to learn more from Coach Simpson." - Mike Kloes
 "I've been

following coach Simpson for a while now and it's very clear to me that even though I may not be a HC, we have similar philosophies. If you are a Wing T guy looking for ways to "Modernize" your offense, or a Spread guy looking for an effective and efficient run game this is the offense you should be looking at!" - Coach Sheffer

"The course by Coach Simpson was quite helpful. As the new Head Coach of a small school - the Gun T system is going to help us be successful right away. Being a spread coach for the last 8-9 years, this system easily blends the best of both worlds of spread and wing-." - Mike Wilson

"Coach Simpson's Gun-T Offense is dynamic and

efficient. This course gets into the foundation of building blocks of the Gun-T offense and what you are trying to do offensively to be as successful as possible." - Austin Pink

"Amazing detail on numerous variations of attaching RPO's to your Bucksweep. Keeps it simple yet extremely informative. Great Job Coach Simpson, you made me a believer! Highly recommend!" - Mike Turso

"Coach Simpson does a awesome job explaining his system, and he does it a way that people like myself who are not familiar with RPO's can understand!" - Coach Coleman

Winning Defense
McGraw Hill
Professional
Provides photo-

illustrated instructions and drills for basketball players, covering ball handling, shooting, offense, and defense; and including a DVD.

The Book of Basketball
Penguin

"If you are interested in Coaching the System, you must be either desperate or crazy!" At least that's what people told authors Gary Smith and Doug Porter when they began investigating this revolutionary style of play almost a decade ago. Ignoring the critics, they went on to coach the two highest scoring teams in men's and women's college basketball history: the University of Redlands, California (132.4 ppg), and Olivet Nazarene University in Illinois (104.1 ppg). From its origins as the Sonny Allen Numbered

Fast Break, to Paul Westhead's Loyola Marymount up-tempo game, the System has been around for decades. But when Grinnell College's David Arseneault added platoon substitution patterns and hockey-style short shifts, placing a priority on creating three-point looks for his "preferred shooters," the System truly came into its own. Smith and Porter learned the Grinnell version of the System from Arseneault himself, adapting it to fit their situations coaching men's and women's programs. In the past decade their teams set 32 NCAA and NAIA records between them, including most 100-point games in a season (Redlands-23; Olivet-24). Olivet also holds national records

for defensive turnovers (36.3 per game) assists (23.8 per game), and three pointers made in a season (509, 15.6 per game). Redlands owns college basketball records (all levels) for field goal attempts (110.3 per game), and three-pointers made (23.8 per game). Now you can learn every detail of this devastating full court run-and-press attack that allows you to dictate tempo and force your opponents out of their normal game plan, capturing the imagination of your players and community, and making coaching fun again! You'll learn exactly how and why the System works, how to adapt it to fit your personnel, suggestions for conditioning players, organizing

System practices, and even ways to respond to the inevitable criticisms that come with playing the game this far "outside the box." Other chapters offer complete descriptions of the Redlands Attack (Coach Smith's variation of the Grinnell offense), the LMU Attack (which Westhead popularized and used to advance to the NCAA regional finals in 1990), and the Olivet Attack (Coach Porter's hybrid version of the LMU and Dribble-Drive offenses). Finally, you'll learn System defensive principles, terminology, and how to cover every conceivable press attack and press-breaker alignment. Also included are 57 drills and over 300 diagrams to illustrate

System offense and defense, providing you with a complete blueprint for "Coaching the System!"

Coaching Basketball Successfully

Independently

Published

Provides an overview of the motion offense used at the University of Cincinnati. Covers the basic movements of the five player open post motion offense, offense before cuts begin, cut-to-the-ball options, cut-to-the-ball options, cut-away-from-the-ball options, offense from the wings, involvement of corners in the motion offense, weakside play, drilling (individual, two-on-two, three-on-three and weakside) and much more. Contains 90 easy-to-read diagrams.

Stuff Good Players

Should Know Human Kinetics

STUFF Good Players

Should Know may very

well be the best book

ever written for

basketball players. It is

conversational and

easy to understand,

yet filled with subtle

insights into the game

of basketball. STUFF is

page after page of

creative concepts,

common sense, and

special tips that can

not be found anywhere

else. ? How do you

guard a stronger

player? ? How do you

set up a game-winning

steal? ? How do you

?strip? a rebound? ?

How do you score with

a strong-handed

dribble while going to

the weak side? ? How

do you practice

shooting for maximum

game effectiveness? ?

How do you recognize

defensive changes? STUFF is like having a coach right beside you, in your room, discussing the fine points of the games. How do you think in the minutes of the game? How do you react to mistakes? What is your attitude about fouls? Eating? Superstitions? Injuries? All this and more makes STUFF a book that players will find indispensable.

Basketball fans will enjoy it, but players won't do

The Triple-Post Offense

Coaches Choice Books

NEW YORK TIMES

BESTSELLER • The NBA

according to The

Sports Guy—now

updated with fresh

takes on LeBron, the

Celtics, and more!

Foreword by Malcom

Gladwell • “The work

of a true fan . . . it

might just represent the next phase of sports commentary.”—The Atlantic Bill Simmons, the wildly opinionated and thoroughly entertaining basketball addict known to millions as ESPN's The Sports Guy, has written the definitive book on the past, present, and future of the NBA.

From the age-old question of who actually won the rivalry between Bill Russell and Wilt Chamberlain to the one about which team was truly the best of all time, Simmons opens—and then closes, once and for all—every major pro basketball debate.

Then he takes it further by completely reevaluating not only how NBA Hall of Fame inductees should be chosen but how the

institution must be reshaped from the ground up, the result being the Pyramid: Simmons's one-of-a-kind five-level shrine to the ninety-six greatest players in the history of pro basketball. And ultimately he takes fans to the heart of it all, as he uses a conversation with one NBA great to uncover that coveted thing: The Secret of Basketball. Comprehensive, authoritative, controversial, hilarious, and impossible to put down (even for Celtic-haters), *The Book of Basketball* offers every hardwood fan a courtside seat beside the game's finest, funniest, and fiercest chronicler. *Dribble Drive Offense - a Complete Instruction Manual* Coaches Choice Books

Paul Westhead was teaching high school in his native Philadelphia when he was named La Salle University's men's basketball coach in 1970. By 1980 he was a Los Angeles Lakers assistant, soon to be hired as head coach, winning an NBA title with Hall of Fame center Kareem Abdul-Jabbar and rookie guard Magic Johnson. After compiling a 112-50 record, he was fired in November 1981. After a short stay as coach of the Chicago Bulls, Westhead reemerged in the mideighties as a coach at Loyola Marymount in California, where he designed his highly unusual signature run-and-gun offense that came to be known as "The system." *The Speed Game* offers a

vibrant account of how Westhead helped develop a style of basketball that not only won at the highest levels but went on to influence basketball as it's played today. Known for implementing an up-tempo, quick-possession, high-octane offense, Westhead is the only coach to have won championships in both the NBA and WNBA. But his long career can be defined by one simple question he's heard from journalists, fellow coaches, his wife, and, well, himself: Why? Why did he insist on playing such a controversial style of basketball that could vary from brilliant to busted? Westhead speaks candidly here about the feathers he ruffled and about his

own shortcomings as he takes readers from Philadelphia's West Catholic High, where he couldn't make varsity, to the birth of the Showtime Lakers and to the powerhouse he built nearly ten years later at Loyola, where his team set records likely never to be approached. Westhead says he always found himself telling prospective bosses, "My speed game is gonna knock your socks off!" So will his story and what it could do to bring back a popular style of play.

Motion Offense
Hachette Books
"A tour de force of reporting" (The Washington Post) from a Pulitzer-prize winning journalist that examines the often-corrupt machine producing America's

basketball stars
 “Indispensable.”—The Wall Street Journal
 “Often heart-breaking, always riveting.”—The New York Times Book Review
 “Tremendous.”—The Plain Dealer Winner of the PEN/ESPN Award for Literary Sportswriting • Winner of the Award for Excellence in the Coverage of Youth Sports Using eight years of unfettered access and a keen sense of a story’s deepest truths, journalist George Dohrmann reveals a cutthroat world where boys as young as eight or nine are subjected to a dizzying torrent of scrutiny and exploitation. At the book’s heart are the personal stories of two compelling figures: Joe Keller, an ambitious

coach with a master plan to find and promote “the next LeBron,” and Demetrius Walker, a fatherless latchkey kid who falls under Keller’s sway and struggles to live up to unrealistic expectations. Complete with a new “where-are-they-now” epilogue by the author, *Play Their Hearts Out* is a thoroughly compelling narrative exposing the gritty reality that lies beneath so many dreams of fame and glory. One of GQ’S 50 Best Books of Literary Journalism of the 21st Century • One of the Best Books of the Year: Los Angeles Times, The Christian Science Monitor, Kirkus Reviews This edition includes an exclusive conversation between George Dohrmann and

bestselling author Seth Davis.

Youth Basketball Drills 2nd Edition

Createspace
Independent Publishing Platform

Coaching the
SystemCreatespace
Independent Publishing Platform

Go-Go Offense

BookPros, LLC
“The strong take from the weak, but the smart take from the strong.” So said Pete Carril’s father, a Spanish immigrant who worked for thirty-nine years in a Bethlehem, Pennsylvania, steel mill. His son stood only five-foot-six but nonetheless became an All-State basketball player in high school, a Little All-American in college, and a highly successful coach. After twenty-nine years as Princeton University’s

basketball coach, he became an assistant coach with the NBA’s Sacramento Kings. In 1997 he was inducted into the Naismith Memorial Basketball Hall of Fame. Coach Carril inspired his teams with his own strength of character and drive to win, and he demonstrated time and again how a smart and dedicated team could compete successfully against bigger programs and faster, stronger, more athletic players. His teams won thirteen conference championships, made eleven NCAA Tournament appearances, and led the nation in defense fourteen times. Throughout his reflections on a lifetime spent on the basketball court and the bench,

Carril demonstrates deep respect for the contest, his empathy and engagement with the players, humility with his own achievements, a pragmatic vision of discipline and fundamentals, and an enduring joy in the game. This is an inspiring and wonderful book, even for those who never made a basket.

Lulu.com

Wooden's first-ever instructional basketball book and DVD package provides an unprecedented inside look at the offensive system of this basketball coaching legend.

Winning Basketball

Fundamentals Penguin

A must for any coach who wants to thoroughly understand the half-court offense,

its potential, and the defensive weaknesses it exploits.

Play Their Hearts

Out Coaching the System

Over his forty years in the game of basketball at the collegiate and professional levels, Kevin Eastman has become widely known as one of the very best teachers in the game.

He is also a lifelong student of the coaches and players at the highest levels. As a coach of the 2008 NBA Champion Boston Celtics, Kevin has lived in the world of the best while observing and studying them every day. He studies what makes the best the best--their habits, mindsets, strategies and every day choices. Known as a thought leader in the basketball and sports worlds,

Kevin is now an engaging speaker who inspires a wide range of audiences, from college and professional sports teams, to diverse corporate and government groups. Kevin's curiosity and dedication to learning provide the backdrop

for delivering powerful talks on leadership, culture, teamwork, and why the best are the best.

[Work On Your Game: Use the Pro Athlete Mindset to Dominate Your Game in Business, Sports, and Life](#)
Coaches Choice Books
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